

**EMERALD COAST POWER EXPO
SCHEDULE OF EVENTS**

FRIDAY JULY 22

- 10 am Zumba Master Class**
- 10 am Crossfit WOD Briefing**
- 12 pm AAU Wrestling (Midget, Novice, School Boy)**
- 7 pm Zumba Master Class**

SATURDAY JULY 23

- 7 am Run for the Panhandle**
- 9 am Bodybuilding Pre-Judging**
MAXFIT Tri-State Bodybuilding Championships
- 9 am Grappling**
- 9 am AAU Wrestling (Cadet, Elite)**
- 10:30 am APA Powerlifting**
- 12 pm AAA Arm Wrestling**
- 1 pm Strongman**
- 6:30 pm Bodybuilding Night Show**
MAXFIT Tri-State Bodybuilding Championships